



328 Bethel Road, Fincastle, Virginia 24090

phone: 540-992-2940

CampBethelOffice@gmail.com

www.CampBethelVirginia.org



2022 Brethren United Mountain Adventure Trip Confirmation Packet

Dear Camper and Parent,

Thank you for registering for "BUMAT," beginning at 4:00pm Sunday July 31 and ending 6:00pm Friday, August 5. Your spot is confirmed, and we are excited to see you!

If your camper is up-to-date on their COVID vaccine, please submit an image/proof of their COVID vaccine card AND either (A) an image/proof of a negative test taken within 3 days of camp arrival OR (B) to complete the enclosed 7-Day Screening Form (page 10). See "*Healthy and Ready for Camp*" on page 3 of this packet for details.

Arrive at 4:00pm Sunday July 31. Check-in will be at Camp Bethel's Shelter-by-the-Spring. Have your completed forms and medication (if any) ready. See the detailed "Check-in Procedures" on page 5 for instructions. After the drive-through check-in, you will drive your camper and their luggage to their cabin or lodge, meet the counselors, and help carry luggage inside. We ask unvaccinated parents to wear a facemask inside. Dinner will be served to campers at 5:45pm on Sunday.

Pick-up is 6:00pm Friday August 5 at the Shelter-by-the-Spring. See the enclosed "Pick-Up Procedures" on page 5 for instructions. Unfortunately for 2022, there will be no family dinner with singing and celebration. Your camper WILL have eaten Friday dinner prior to pick-up. After gathering your camper and luggage, visit our Trading Post (camp store) from 6:00-6:30pm on Friday.

This packet includes important "**Preparations for Your Trip**" with your packing list, "the 7 Camp Rules," information about your camp week, behavioral expectations, health and safety preparations, forms, and detailed check-in procedures. *Write your name on or label every item you bring to camp.* Please consider donating toward our Wish List (page 2) and our Summer Offering Project (page 5). Carefully read all the enclosed information.

Along with this packet, we sent you a document with your camper's name and program in the title. That document is your "**Final Payment and Forms Due for Camp Bethel**" which lists your balance due (if any) and any forms and waivers due. **Return forms and payments to Camp Bethel as early as possible before your camp begins and no later than 2 days before your camp begins, including:** (1) Your completed "Camper Health & Information Form" and "Medication Instructions Form." (2) Your fee balance is due ASAP and at least 2 days prior to your camp date or you will forfeit your reserved spot. (3) Complete an online waiver for our Zip Lining adventure (at Hawksnest Adventures) at <https://p.sngty.co/BqHOVAMT>.

We have an exciting trip week planned for you! After check-in Sunday at camp playing and preparing, we'll travel Monday morning to the mountains of North Carolina for a fun week united with campers and leaders from other Church of the Brethren camps: Camp Ithiel (FL), Brethren Woods (VA), Camp Harmony (PA), and our host, Camp Carmel (NC) within view of Grandfather Mountain! We'll play on a natural water slide, hike up Hawksbill Mountain peak past a beautiful waterfall in the Linville Gorge Wilderness, go star gazing, visit a country store, help the local community with a service project, play disc golf, Kan Jam, 9-Square-in-the-Air, and Bocce Ball. For our group adventure outing, we'll go zip-lining at Hawks' Nest Zip Course (waiver info to be emailed to parents soon). Back at Camp Carmel we'll enjoy Bible study, team building activities, group games, GaGa ball, 4-square and 9-square, music and singing, campfires, worship, cozy cabins and great Camp Carmel hospitality. After Friday breakfast at Carmel, we'll return to Camp Bethel in time for 6:00 pick-up.

In case of extreme emergency during the camp week, contact Kathleen Nettnin, Program Coordinator, or Barry LeNoir, Camp Director, at 540-992-2940 so we can get word to our leaders at Camp Carmel. After-hours, our answering machine message will prompt you to our on-call emergency staff number.

We have an active, on-the-go week planned. Subscribe to our eNews at [CampBethelVirginia.org/subscribe](https://www.campbethelvirginia.org/subscribe) for announcements and "*all things Camp Bethel.*" Please encourage your friends and classmates to register for summer camp at Camp Bethel in Fincastle, VA! If you have questions, contact us at 540-992-2940 or CampBethelOffice@gmail.com.

We look forward to seeing you at camp!

Together, in Christ our hope,

Barry, Daniel, Kathleen, Mickey, and the Summer Staff of Camp Bethel

13 PREPARATIONS FOR YOUR TRIP:

1. What to pack: Gear list.
2. Hygiene rules to teach your camper.
3. Camp rules and policies.
4. Preparing for camp living.
5. Preventing homesickness.
6. Trading Post open Friday.
7. Summer Offering 2022.
8. Driving directions to camp.
9. Sunday check-in procedures.
10. Friday pick-up procedures.
11. Safety in the van during our Trip.
12. Health Form & Medication Instructions & Online Waiver for Zip Lining.
13. 7-Day Pre-screening Form, if needed.

#1: What to pack: BUMAT Gear List:

Write your name on ALL items and bags! Pack lightly so you can easily carry all gear by yourself. You will be sleeping in a bunk bed, and your gear space is limited. Keep your packing simple and minimal. SHARE supplies with a camp friend (shampoo, sunscreen, etc.); anything to reduce your gear load!

- Camp Bethel will provide all "road meals", but if you want extra travel snacks or drinks, pack about \$30 cash.
- Empty daypack or backpack for every-day use to carry your water bottle, hand-sanitizer & disinfectant wipes, and for carrying gear around campus, to the bathhouse, or on a hike.
- Light-weight, small, carry-able sleeping bag **or** blanket/sheet for cabin bunk, plus your pillow.
- Bath towel(s) & washcloth and a pool/beach towel.
- Swim suit or swim clothes appropriate for active play in creeks and active water games. Also, a good pair of shorts to wear for sliding down the natural water slide (slippery rock face).
- Bathroom supplies: toothbrush/paste; shower soap; etc.
- Clothing (for 6 days): at least 1 pair of long pants; at least 1 long sleeved shirt; shorts; tee shirts; underwear; lots of socks; light jacket; sleepwear; *Hot days, cool nights.*
- Everyday **dry** shoes (closed-toe active shoes for running, hiking, games, climbing wall, and zip line adventure day).
- Good hiking shoes for our day hikes: comfy & broken-in with good toe & heel protection and thick-firm soles for stepping on many rocks. Sandals are NOT permitted for hiking.
- Strap-on sandals (w/ heel-strap) or water shoes to get wet for creek play, rain hikes. We will also take these along in our day packs during our day hikes for creek swims and the natural water slide. NO flip-flops or Crocs.
- Large plastic bag for dirty clothes & wet shoes.
- Smaller plastic bag to carry your wet creek shoes in your daypack on hikes.
- Rain jacket or poncho with hood; no stopping for rain!
- Water bottle: quart-sized, non-glass, screw-top.
- Hat with brim to block sun, or a bandana.
- 1 box of standard Band-Aids to give your counselor.
- Just in case we need one, 1-or-2 cloth face masks, or 3-4 disposable face masks.
- 1 bottle of hand-sanitizer for your backpack.
- 1 soft pack of disinfectant wipes for your backpack.
- Small flashlight or headlamp & extra batteries.
- Sunscreen (waterproof and at least 30 SPF).
- Summer offering to be turned in at check-in (checks to "Camp Bethel Summer Offering"), or select "Staff Adoption Fund" at CampBethelVirginia.org/donate

Optional to bring:

- Watch
- Shower caddie/bag
- Camera/GoPro
- Hammock, straps & rainfly
- Notepad or journal with pen or pencil.
- Swim mask and/or swimming ear plugs

Camp Bethel provides all necessary program, camping, first aid & safety gear.

Please consider donating new and gently-used supplies. We ALWAYS need items listed in the Gear List above and items on our Wish List: 20"x20"x2" MERV-13 air filters (to renew our in-cabin box fan air filters); Clorox wipes; face masks; disinfectant spray (like Lysol), Skid-steer (tracked or tires); mini-van or 15-passenger van (2015 or newer); pickup truck (2010 or newer); clothes dryer; refrigerator (full or mini); digital cameras; gas grill; LED light bulbs; new (in-the-box) first-aid supplies (Band-Aids, etc); working vacuum cleaners or shop-vacs; brooms & dustpans; 3'x8' plyboards for under bunk mattresses (any thickness or quality); "Tree Cookies"; items on our Amazon wish-list at <https://a.co/5qG5JYq> or CampBethelVirginia.org/donate. Tax-deductible!

Things **NOT** to bring:

- cell phone/smart phone (see "A Matter of Trust" on page 3), tablet, electronics, video games, toys, pets
- vapes, tobacco/nicotine products, alcohol, drugs, cannabis, CBD products, smoking/vaping/drug paraphernalia
- weapons, knife, fireworks, matches, lighter
- jewelry, valuables of any kind
- clothing with inappropriate language/images or that is too revealing including short-shorts, string bikinis, or speedos
- food, drinks, candy, snacks, gum
- cologne, perfume, scented products, hairspray, because these attract biting insects AND many persons have allergies to scented products
- flip-flops, Crocs, skateboard, hair dryer, curling iron

#2: Hygiene Rules to Teach Your Camper:

1. Tell your counselor if you feel sick.
2. Cough and sneeze into your elbow or your mask or a tissue, and then throw the tissue away and wash your hands.
3. Wash your hands with soap and water after bathrooms, coughing and sneezing, or touching your face. Use hand sanitizer if you cannot wash your hands.
4. Wear a face mask if your counselor asks to you to do so.

#3: Camp Rules and Policies:

The 7 Camp Rules to teach your camper:

1. Be kind and be helpful.
2. Stay with your Unit.
3. No rough play.
4. No rough play.
5. Wear shoes always (except bed, shower, pool).
6. Do not throw or kick anything.
7. Walk on paths, pavement, or gravel.

3. Obey your Counselors.

Good Behavior Requirement:

By requesting enrollment into Camp Bethel programs, you and your camper agree to our Behavior Policy and understand that good behavior is required. Your camper will be with other children/youth and their counselors all day each day. We stay together with our group during our entire time at camp. For 2022, campers and staff will wear facemasks occasionally each day at appropriate times (when near other Units, which will be rare, and not when eating, sleeping, swimming, etc.). **Bad behavior does not fit and cannot be tolerated.** Behavior deemed dangerous, inappropriate, intolerable, detrimental to the group, or unmanageable by the counselors or directors is grounds for dismissal from camp. Examples include: not following the camp rules; hurting others (verbally, physically, or emotionally); possession of prohibited or harmful item; constant misbehavior; unsafe behavior; straying from your group; etc. The Director will call parents/guardians as needed. Should it become necessary for your child to return home because of unmanageable behavior, homesickness or other reason, you agree to accept the Director's decision and arrange for transportation.

Healthy and Ready for Camp: COVID Vaccine, Screening, Testing

We strongly recommend all eligible children and adults to be up-to-date with your vaccine against COVID-19 prior to your camp week.

"Up-to-date" means the following:

Ages 5-11 = primary 2 doses of Pfizer-BioNTech. A booster is not recommended for this age group yet.

Ages 12-17 = primary 2 doses of Pfizer-BioNTech, plus 1 booster of Pfizer-BioNTech 5+ months after primary doses.

Ages 18+ = primary 2 Pfizer-BioNTech or 2 Moderna or 1 J&J, plus 1 booster of Pfizer-BioNTech or Moderna 5+ months after primary.

We *do not require* vaccination, but we strongly recommend it. With new COVID variants spreading easily among young people, campers and leaders will wear masks inside vehicles and at other appropriate INDOOR times (but not all indoor times). We will not wear masks outdoors. Find your free and convenient vaccination at <https://vaccinate.virginia.gov/> or 877-829-4682. Upload a scan, copy or image of your camper's up-to-date Vaccination Record Card at our upload form at www.CampBethelVirginia.org/health, or you can email it as an attachment to CampBethelOffice@gmail.com, or you can bring printed copies to check-in on the first day of camp.

For ALL Campers whether or not you are **up-to-date** (see "Up-to-date" box above) on their COVID vaccine:

1. If you ARE up-to-date, before arriving at Camp, parents must submit an image/proof of child's up-to-date COVID vaccine card.
2. Before arriving at Camp, parents must ALSO complete one of the following: (A) A 7-Day Screening Form, OR (B) submit a copy/image/proof of child's negative COVID test administered within 3 days prior to camp (this can be a home rapid test or a PRC test from a lab/clinic/pharmacy). Turn in your completed 7-Day screening form at check-in on the first day of camp. OR you can upload scans or images of proof of your negative COVID test at our upload form at CampBethelVirginia.org/health, or you can email them as an attachment to CampBethelOffice@gmail.com, or you can bring printed copies to check-in on the first day of camp.
3. Upon arrival at Camp, we will perform a brief Health Screening and temperature check through the car window. Be sure to keep your car cool (not too hot) prior to check-in, and have child seated beside a car window.
4. With a clean Health Screening, no other steps are needed for child to be admitted to camp.
5. If the Health Screening reveals symptoms of COVID, we will perform a rapid test (15 minutes) with a parent present. If test is negative (no COVID), child will be re-screened, and staff will discuss with parents whether child should attend camp. If test is positive (child has COVID), the child cannot be admitted to camp, and staff will give parents options for attending camp later in the summer once child is healthy.
6. If no 7-Day Screening for or copy/image/proof of child's negative COVID test within 3 days, the child will be tested for COVID in addition to the Health Screening upon arrival.
7. Staff who are unvaccinated or not up-to-date on their COVID vaccine will be tested for COVID weekly by staff leaders.

Teach your camper the "Hygiene Rules" on page 2. You should NOT send an injured or sick camper to camp. Also ensure that your camper is free of headlice. If any camper or minor has symptoms of COVID during the camp week, we will contact Parent/Guardian to discuss on-site testing options. Our Health Plan and links to vaccination and testing sites is at CampBethelVirginia.org/health.

Camper Medications:

If you send medication for your camper to take during the camp week, YOU MUST RECORD precise instructions on the enclosed "**Medication Instructions**" form. All medications must be given to our Medical Staff at Check-In on the first day of camp. All medications are stored and dispensed by the Health Coordinator unless special arrangements are made through the Health Coordinator and Camp Director. Send exactly enough medication for the camper's time at camp. **Medication MUST be in the original, labeled packaging and container naming prescribing physician, camper name, medication name, dosage, and frequency.** Place all this into a gallon zip-lock bag (or a box if more space is needed) with camper's name on it to speed the check-in process.

Cancellations, Late Arrivals, Early Departure: 2022 No-Risk Policy:

If you paid for camp but later decide to keep your child home, YOU HAVE RISK-FREE OPTIONS:

1. Credit 100% of your payments toward another available 2022 program, or
2. Credit 100% of your 2022 payments to 2023 pre-registration, or
3. Donate part or all to help Camp Bethel adapt how we operate (and help ensure we're here for you in 2023), or
4. 100% refund. **We just need to hear from you at least 24 hours prior to the start of your camp**, and sooner if possible. No refunds for no-shows with no notification at least 24 hours prior to the start of your camp. Please notify the camp office 540-992-2940 or CampBethelOffice@gmail.com ASAP if your camper will not attend this session.

Late arrival and early departure is impossible since we are away on our trip. We cannot provide pro-rated refunds for partial camp attendance after your camper has arrived unless Camp Bethel cancels the program. If complete payment of the camp fee (or Campership approval or Good-As-Gold form) is not received 2 days prior to your camp date you will forfeit your reserved spot.

Caring for Campers:

We take the safety and care of your children (our campers) very seriously. Allowing us to care for your child is perhaps the greatest act of trust a parent can engage in. That makes Camp Bethel not just a fun place, but also a *sacred one*. We do everything we can to honor your trust, including our voluntary adherence to over 300 standards of health, safety, staffing, and programming. We know we cannot do this without our excellent counselors who, by joining our summer staff community, are trained and committed to providing a safe and fun week of learning and growth. Consider supporting our counselors at www.CampBethelVirginia.org/adopt. If a camper is sad or if there is an issue, illness, injury, or emergency the Director WILL contact parents.

No Camper Cell Phones or Gadgets: A matter of TRUST:

Aside from the fact that phones and gadgets are expensive, can get lost, and the physical camp environment is rough for such items, the main reason we don't allow campers to have phones/gadgets is TRUST. We TRUST that campers who come to camp WANT to be here and choose to temporarily disconnect from their constant phone/internet communications in order to be FULLY present with us at camp. When children/youth come to camp they (and you) are making a leap of faith, temporarily transferring their primary TRUST from their parents to their counselors. This is a growth-producing, yet challenging aspect of camp. As children/youth learn to TRUST other caring adults, they grow and learn, little by little, to solve some of their own challenges. *This emerging independence is one of the greatest benefits of camp!* (AND, there's ample research proving that youth greatly improve their social and emotional growth while phone-free!) Let your child/youth know that they can always reach out to their counselor and camp leaders. The Camp Director WILL contact you if your child/youth is experiencing a challenge while at camp, and the Camp Director WILL contact families in case of any emergency. Counselors do carry charged phones (*charged, but OFF*) in their backpacks as tools for emergency use if needed. We encourage bringing an inexpensive digital camera to camp, but you may NOT bring a "connected/serviced" phone to use as your camera.

Emergency Preparedness and Parent Notification During the Camp Week:

Using smart phones, our directors and staff receive and communicate instant updates on summer storms or emergencies, and your trip leaders are trained for camper safety during storms and emergencies. In case of any emergency in which we request parent action, our office will contact you via e-mail and phone. Add CampBethelOffice@gmail.com to your contacts so our emails come to your IN box. Otherwise, **NO NEWS IS GOOD NEWS**, and everyone is safe. In case of a family emergency that must be communicated to your camper, contact 540-992-2940 or e-mail CampBethelOffice@gmail.com. For after-hours emergency call 540-992-2940 and our answering machine message will prompt you to our on-call staff number.

Visitation is NOT allowed during camp week:

DO NOT arrive at camp unexpectedly! Our site is closed to visitors/guests during camper weeks. While supervising campers, all staff are trained to stop and question anyone they don't recognize on site. If you need to visit camp prior to the official pick-up time (see "Pick-Up Procedures"), you must call ahead AND check in and wait at the camp office when you arrive.

#4: Preparing for camp living away from home:

Each counselor is trained to help guide your group safely and successfully through each camp day. Also, good parent preparation can give campers the knowledge they need to fully succeed during their camp week.

Physical expectations of living in a cabin:

1. No bathtubs at Camp Carmel, only individual showers. Before camp, teach your younger camper how to take a shower.
2. We have several bathrooms around main camp. Remember, you can ask your counselor to use the bathroom ANY TIME. Hikes on camp property often venture away from bathrooms, so remember to "go" before you go; counselors will also remind you.
3. Living in a cabin or bunkroom with 9 other persons (same gender) may challenge our need for individual privacy, especially when changing clothes. We discourage nudity or disrobing directly in front of others. All cabins and bunkrooms have access to private changing areas. In a pinch, teach your child the "sleeping bag" clothes-changing method used for years by most children.
4. We walk everywhere, and we're on-the-go most of each day. Comfortable (dry) shoes & socks are very important. Take good care of your feet, and prepare for a highly active week.
5. On hot summer days it's important to drink lots of water and apply sunscreen. Pack your water bottle: quart-sized, non-glass, screw-top, and remember to hydrate often and apply sunscreen 20 minutes before outdoor activity. Cabins have window-unit air-conditioners if needed on the hottest days/nights.

Social/Behavioral/Spiritual expectations:

1. You will be with other campers and your counselors all day each day. We stay together with our group during our entire time at camp, so we have little to no "alone time." Bad behavior does not fit and cannot be tolerated. See "Rules" on page 2.
2. Group living: We'll experience all our daily activities **together** as a Unit, including our daily group duty and eating meals together.
3. Make new friends: Even if coming with a cabin-mate, you are expected to be friendly, courteous and helpful to others in the group. Cabins are single-gender, but Units are co-ed unless we need to create an all-male OR an all-female group because one gender of campers registers more than the other. You will share your group with youth of different backgrounds and abilities. We believe Jesus' message of love and unconditional acceptance, and at camp, "Love your neighbor" is part of daily living.
4. You MUST learn and follow the Camp Rules and Hygiene Rules (page 2) to ensure a safe and fun week. Most of each day is active and boisterous. Also there are times and events during the day when we're expected to listen and participate calmly and quietly, (Bible

study/worship, meals/announcements, counselor explaining an activity, bed/quiet hours).

5. Try new things: Camp is a great place to taste different foods, sing different songs, try and practice new skills, play new games, and grow in our relationships with God, with each other, and with Creation.

#5: Preventing homesickness:

Good parent preparation is essential to give campers the confidence needed to fully enjoy a camp experience:

1. Set realistic expectations for the camp experience based on our information and the activities listed in the program description (CampBethelVirginia.org/camps and CampBethelVirginia.org/ParentInfo). Reinforce positive camp aspects; encourage new learning.
2. In the weeks before camp, hold one or more “practice” overnight sleep-overs in another room of your home with your child.
3. With your child, come and visit Camp Bethel. Call us to arrange a self-guided pre-tour.
4. Don't force a child to camp who has no desire to go. Only send a willing & ready child to back-to-back camps.
5. Don't tell campers how much you will miss them. Instead encourage new friends and new experiences.
6. Don't tell campers they can call home. Instead, encourage your camper to talk to their counselor if they are sad. If a camper is sad or if there is an issue, injury, illness or emergency the Director WILL contact parents.

Camp Bethel will never force a camper to stay at camp who does not want to stay.

Our counselors are thoroughly trained in methods to prevent homesickness, and the nature of an adventure trip keeps campers active and engaged in camp activities and interpersonal relationships. If, however, your child becomes homesick:

1. All staff will do everything possible to address the cause and to encourage the camper.
2. If symptoms persist, the trip leaders will contact the Director.
3. The Director will call home to discuss options with you.
4. If all determine the best option is to pick up your child, because we are far away from camp, our only option is to recommend YOU travel to get your child. This may or may not be feasible until one or two days later. There are no refunds for campers who leave early, because staff, food and gear are already secured.
5. Once we leave camp, the camper obviously will not be brought back home unless in extreme emergency. Be sure your camper wants to attend before they come. This will be a GREAT trip!

#6: Trading Post camp store open Friday 6:00-6:30pm:

Parents can shop with campers from 6:00-6:30pm in the Trading Post on Friday after you pick up your camper. **Unvaccinated persons should wear a facemask when indoors.** Camp Bethel t-shirts cost \$10, \$12, \$15; bottles \$15; sweatshirts & blankets \$30-\$40; and other items range from \$2 to \$40. Earnings directly support the programs of Camp Bethel.

#7: Summer Offering 2022: “Tip” Your Counselors with our Summer Staff Adoption Fund

We LOVE our Counselors, and we strive to recruit the *best leaders* for Summer Staff ministry service. *It is a tough ask.* They commit eight-to-ten weeks of intense training and 24/7 leadership to care for your campers. We pay them, but not as much as we wish we could and not as much as they need to afford college and textbooks. Some young adults want to serve, *but cannot afford to serve.* Families often ask, “Can we tip our counselors?” YES, by donating toward our Summer Staff Adoption Fund to help these young adults accept the call to serve in Outdoor Ministry!



Donations toward our Summer Staff Adoption Fund are divided equally among all summer staff upon completion of their summer contract, and your gift is paired with congregations, groups, families, and individuals who are “adopting” our staff with additional funding, prayer support, letters of encouragement, care packages, and church visits.

Please donate toward our Summer Staff Adoption Fund online at CampBethelVirginia.org/adopt or mail check payable to “Camp Bethel Summer Offering”. 100% of your gift goes directly to this fund.

#8: Driving directions to Camp Bethel: *Physical address is 328 Bethel Road, Fincastle VA 24090.*

1. **I-81** to Exit 156: At end of exit ramp turn towards Brughs Mill Store onto Route 640, Brughs Mill Road, and go 0.2 mile to stop sign at Route 11. Green “Camp Bethel” signs point you in from here.
2. Turn left (North) onto Route 11; go approximately 2 miles.
3. Mill Creek Baptist Church on left; just across from the church turn right (southeast) onto Route 606, Blue Ridge Turnpike.
4. Go 1.6 miles on Blue Ridge Turnpike to stop sign at T-intersection.
5. Turn right onto Nace Road (Route 640) and go less than 1/10th mile to left onto bridge at Bethel Road (606), a gravel road.
6. Drive under railroad trestle. Camp Bethel entrance is 0.3 mile straight ahead along Bethel Road on the right. Follow signs to Check-In.

#9: Sunday Check-In Procedures:

1. Sunday check-in is in Camp Bethel's Shelter-by-the-Spring at 4:00pm.
2. Before you arrive at camp, write your name on or label every item you bring to camp AND your luggage. PLEASE pack lightly enough so that the camper can easily carry all gear by herself/himself.
3. Arrive at exactly 4:00pm. No Trading Post Sunday, but it WILL be open Friday (see “Pick-Up Procedures”).
4. Do NOT unload luggage until AFTER you check-in inside the Shelter-by-the-Spring.
5. Enter the Shelter for Health Screening and temperature check. Give our staff (1) Your completed “7-Day Screening Form” (if choosing this

- option); (2) Any waivers or forms or proof (test, vaccine) you did not yet email or upload; (3) Any donation to our Summer Offering Project.
6. Give any medication and any Health Form updates to our Medical Staff. All medication should be in its prescribed or original containers. Place all medication into a gallon zip-lock bag (or box if you need more space) with camper's name on it to speed along the check-in process. See #2 "...olicies: Camper Medications"
 7. Our staff will then direct you to your assigned cabin to move your luggage in for the night. Parents may help carry luggage into the cabin. We ask unvaccinated parents to please wear a facemask inside the cabin.
 8. Be quick to leave! Say your goodbye and allow your camper to begin an excellent trip week with their counselors and new friends.
 9. Parents: Drive slowly as you leave, watch for pedestrians, and follow exit signs out of camp. *See you Friday!*

#10: Friday Camper Pick-Up Procedures:

1. Friday pick-up is at 6:00pm at the Shelter-by-the-Spring.
2. Unfortunately (*for 2022 only*), there will be no family dinner with singing and celebration. Your camper WILL have eaten Friday dinner prior to pick-up, and the Trading Post WILL be open from 6:00-6:30 for parents and campers to shop together.
3. Pick-up time is at exactly 6:00pm Friday.
4. Drive to and park at the Shelter-by-the-Spring to pick-up your camper and their luggage at 6:00pm.
5. To "claim" your child at 6:00pm, present your PHOTO ID or DRIVER'S LICENSE to your child's counselor. Only adults listed as authorized may pick-up the camper AND only with a valid photo ID or driver's license.
6. If you brought medication, your camper's medication containers will be stored in your camper's luggage along with a copy of their completed/initialed dosage form. Please ensure that your camper's medication and dosage form is in their luggage.
7. Your counselors will double check to ensure all your camper's belongings are out of the Shelter and in your possession before you leave.
8. After 6:00pm dismissal, the Trading Post (camp store) will be open from 6:00-6:30pm. *Unvaccinated persons should wear a facemask when indoors.* At the Trading Post from 6:00-6:30, lock in this year's rate for next year's camp (and immediately get a **free tee shirt!**) by taking advantage of our "Closing Day Pre-Registration Form." It's a great way to reserve your spot for next year and save \$10-\$40. More information is at www.CampBethelVirginia.org/parentinfo.
9. Parents: Drive slowly as you leave, 5 mph; watch for pedestrians; follow exit signs out of camp.

#11: Safety in the van during our Trip: (If applicable for your camp.) Campers receive a full safety orientation.

Vehicles used for transporting campers are equipped with a first aid kit and emergency accessories, seatbelts for each passenger, and we check vehicle safety conditions prior to transport. Counselors will carry health forms for all passengers and a cell phone for emergency communication. We will usually travel with windows open for ventilation. On hot days, we'll run the air-conditioning and wear masks.

The Directors of Camp Bethel have selected our Adventure outfitters (those providing equipment, leadership and expertise) and off-site projects based upon their qualifications and their adherence to safety standards as outlined by the American Camp Association.

#12: Camper Health & Info Form; Medication Instructions Form; and Waivers (if any):

Complete the enclosed Camper Health & Information Form (page 7-8) and the Medication Instructions form (page 9) with exact instructions for any medications. *OR* complete both forms **on-line** at: www.CampBethelVirginia.org/health.

Complete the online waiver for your child at <https://p.sngty.co/BqHOVAMT>.

Do all this at least 2 days before camp.

#13: 7-Day Symptom Pre-Screening Form for all persons in your household, if needed.

If your camper is up-to-date on their COVID vaccine, we ask you to submit an image/proof of their COVID vaccine card. If your camper is NOT vaccinated or up-to-date, we ask you to either submit an image/proof of a negative test taken within 3 days of camp arrival *OR* to complete the 7-Day Screening Form (page 10). If you choose the 7-Day Screening Form, turn in your completed form at check-in on the first day of camp.

To avoid the 7-Day Screening Form, provide us with either (1) Copy/image/proof of child's negative COVID test administered within 3 days prior to camp (this can be a home rapid test or a PRC test from a lab/clinic/pharmacy). Where possible, request the results be emailed to you (so we can see your proof). **OR** (2) A copy or image of your camper's up-to-date Vaccination Record Card.

You can upload scans/images of (1) or (2) at our upload portal at www.CampBethelVirginia.org/health, or you can email as an attachment to us at CampBethelOffice@gmail.com, or you can bring printed copies to check-in on the first day of camp. See "Healthy and Ready for Camp" on page 3 of this packet for details.

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Camp Bethel 2022 Camper Health & Information Form v. 05.13.2022 Complete this online at CampBethelVirginia.org/health

A parent or legal guardian must complete and submit this form at least 2 days prior to your camp dates or as soon as possible. Keep a copy of this completed form for your records. The intent of this form is to provide information needed in case of emergency care. The directors keep information from this form confidential. Submit additional descriptions or updates if needed via CampBethelOffice@gmail.com, attention: Health Coordinator. Provide any urgent health updates at check-in on the first day of camp. Insurance is not required for camp attendance, and Camp Bethel provides only limited secondary accident insurance for participants. If you have insurance and you have plans to be away or unreachable during your child's camp time, you must e-mail a scan or image of the front & back of your family/child medical insurance card to CampBethelOffice@gmail.com, or upload the scan/image at www.CampBethelVirginia.org/health. In any emergency, illness, or injury, we will immediately contact the parent/guardian or the emergency contact. **All answers on this form are REQUIRED.**

Camper's FIRST name _____ Camper's LAST name _____

Camper's Date of Birth _____ Camper's Gender _____

Check the dates that most closely match WHEN your child will attend camp.

June 12/17 (Week 1) June 26-July 1 (Wk 3) July 10-15 (Week 5) July 24-29 (Week 7)
 June 19-24 (Week 2) July 3-8 (Week 4) July 17-22 (Week 6) July 31-Aug 5 (Week 8)

First & Last Name of custodial Parent/Guardian who is the primary contact for this camper _____

This is the parent/guardian(s) with whom the camper has primary residence and who is our primary contact.

City and State of residence _____

Main phone of custodial Parent/Guardian _____ include area code, (ex: 540-555-1234)

Other phone of custodial Parent/Guardian _____ include area code, (ex: 540-555-4321)

Emergency Contact Information: *If we need to give important information to parent/guardian.*

Who to call if parent/guardian is not available? _____ Relation to camper _____

Their main phone _____ include area code, (ex: 540-555-5678)

Their other phone _____ include area code, (ex: 540-555-8765)

Who will pick up your child? Only list the first and last names of any adults you authorize to drive your camper home from camp.

ALLERGIES & RESTRICTIONS: List all known allergies and restrictions. Describe the severity of each including your child's reaction and the best management of the reaction. Describe the best accommodation, adaptations, or limitations of any restrictions. Attach additional paper if needed or send to CampBethelOffice@gmail.com. If none, leave blank or write NONE.

Food allergies _____

Medication allergies _____

Other or environmental allergies _____

Dietary restrictions for this camper _____

Restrictions or exemptions to camp activities _____

Other restrictions or health concerns _____

MEDICAL HISTORY: Describe any injury, illness, medical treatment, or surgery the camp should know in case of emergency.

ADDITIONAL INFORMATION: Describe other physical, emotional, or behavioral concerns, or any conditions requiring medication, treatment, or special restrictions or considerations while at camp.

PERMISSION TO ADMINISTER OVER-THE-COUNTER MEDICATIONS: In case of headaches, low grade fever, slight upset stomach, mild diarrhea, mild allergic reactions, aches and pains, or cold symptoms, the Camp Bethel Health Coordinator has my permission to administer the following to over-the-counter medications (or their generic) to my child: Benadryl, Cold/Cough Medicine, Ibuprofen, Imodium AD, Pepto Bismol, Sudafed, Tums Antacid, and Tylenol for Children.

YES to all. Yes, but with these exceptions: _____ NO.

MEDICATION NECESSARY DURING CAMP: If camper will require medication during camp (prescribed, over-the-counter, as needed), you must indicate YES* below AND complete the "Camp Bethel Medications Instructions" form on the next page.

___ This camper will NOT take medication during camp.

___ **YES*** this camper requires medication, and I will complete the **Medication Instructions form** on the next page.

VACCINATION & IMMUNIZATION HISTORY -OR- WAIVER: If you voluntarily exempt this child from school-required immunizations OR if you voluntarily exempt yourself from providing proof of immunization, you must sign the waiver (#4) below if you do not check YES in #2 or do not provide tetanus date in #3. (As of the writing of this form, COVID vaccines are not yet approved for children under age 5.)

1. Is Camper up-to-date on COVID-19 vaccination? ___ YES*, or ___ No, or ___ I choose not to answer. (Not required for attendance.)
*If *YES, please upload or email an image/proof of child's up-to-date COVID vaccine card at www.CampBethelVirginia.org/health.*

2. Are all immunizations required for public school attendance up to date for this camper? If you choose not to answer, you must sign the waiver in #4 below. ___ YES, or ___ I choose to sign the waiver in #4 below.

3. Month and Year of last tetanus shot. If you choose not to answer, you must sign the waiver in #4 below.
_____/_____(MM/YYYY), or ___ I choose to sign the waiver in #4 below.

4. **Immunization Waiver:** If you did NOT check YES in #2 above or did NOT provide tetanus date in #3 above, please sign* and date** the following statement: **"I understand and accept the potential risks to one who is not fully immunized."**

Parent/Guardian signature* _____, Date signed** _____

* * * * *

GETTING TO KNOW YOUR CAMPER: The following questions will help us ensure a quality camp experience for your camper.

Get your camper's opinion, remembering that our program focus is relational small-group community living, and your camper will spend all day each day with her/his group. Attach additional pages of helpful information.

Check all that apply: ___ Returning Camp Bethel Camper. *How many summers total, not including 2022?* _____

___ 1st time at this camp. ___ 1st overnight away from home. ___ Have attended other camp before.

___ Can swim in deep water. ___ Non-swimmer. ___ No bike experience. ___ Experienced bike rider.

Camper's personality when living, playing, & working with others: _____

Camper's interests, hobbies, likes: _____

As your camper thinks about camp, what excites her/him? _____

What concerns her/him? _____

What outcomes from this experience do you hope for your camper? _____

How did you learn about Camp Bethel and/or get this form? _____

I/We chose Camp Bethel because... _____

Church membership, if any (not required for attendance) _____

PARENT/GUARDIAN VERIFICATION OF CAMPER HEALTH & INFORMATION FORM:

The following box must be signed by parent/guardian for camper attendance:

"I verify that the information on this Camper Health & Information Form is complete as far as I know. This form may be copied for camp records. I will provide updates (if any) to this information at check-in on the first day of camp."

Parent/Guardian signature _____, Date signed _____

Printed name _____ Phone number _____

CAMP BETHEL MEDICATION INSTRUCTIONS (Complete ONLY if your camper takes medication during camp.)

If you will be sending any medication for your camper to take during her/his time at camp, YOU MUST RECORD precise time and dosage instructions below and return this form to Camp Bethel. All camper medications must be checked in to our Medical Staff or Health Coordinator during check-in on the first camp day. All medications are stored and dispensed by the Health Coordinator unless special arrangements are made through the Health Coordinator and Camp Director. Only send enough medication for the camper's time at camp. Medications MUST be in the original, labeled packaging and container naming prescribing physician, camper name, medication name, dosage, and frequency instructions.

Camper's FIRST name _____ Camper's LAST name _____

LIST ALL MEDICATIONS TO BE ADMINISTERED to this camper that you will be transferring to our Health Coordinator at check-in. List names of medications (including non-prescription) and the reasons for taking.

SCHEDULE OF DOSAGES: In the chart below, list the name of each specific medication. Under each medication, list the dose to give beside each day and specific time we should administer it to your camper. See the "Example Column." The Health Coordinator will initial the box for each specific time the dosage has been dispensed. The times listed in the chart correspond to meals: 8:00am breakfast, 12:30pm lunch, 5:30pm dinner; and bedtime 9:30pm.

Write medication names here ==>		Medication #1		Medication #2		Medication #3		Medication #4		"Example Column"	
		Dose to give each time	Health Coord initials	Dose to give each time	Health Coord initials	Dose to give each time	Health Coord initials	Dose to give each time	Health Coord initials	Dose to give each time	Health Coord initials
Sunday	5:30 pm										
	9:30 pm										1 tablet
Monday	8:00 am										1 tablet
	12:30 pm										
	5:30 pm										
	9:30 pm										1 tablet
Tuesday	8:00 am										1 tablet
	12:30 pm										
	5:30 pm										
	9:30 pm										1 tablet
Wednesday	8:00 am										1 tablet
	12:30 pm										
	5:30 pm										
	9:30 pm										1 tablet
Thursday	8:00 am										1 tablet
	12:30 pm										
	5:30 pm										
	9:30 pm										1 tablet
Friday	8:00 am										1 tablet
	12:30 pm										
	5:30 pm										

MEDICATION AS NEEDED: List meds you are checking into the Health Coordinator in case they are needed AND a description of the condition for which you feel they should be administered plus the dosage.

Camper 7-Day Pre-Screening Form, Camp Bethel, Summer 2022

You do not need to fill out this form **IF** you provide a copy/image (or forwarded email) of proof of your child's negative COVID test within 3 days of camp **OR** your child's up-to-date Vaccination Record Card to CampBethelOffice@gmail.com, **OR** upload it at CampBethelVirginia.org/health, **OR** provide paper copy at check-in upon arrival. (As of the writing of this form, COVID vaccines are not yet approved for children under age 5.)

A parent or legal guardian must complete the chart and sign this form below. Fill in the left column with your camper's name and the first name of every member of your household **OR** close contact (ex: in-home childcare). If someone who is not a member of the household will be bringing your camper to Camp Bethel, they also need to be listed and screened.

For the 7 days before your child's arrival at Camp Bethel, **CHECK EACH BOX** in the chart below if your child, everyone in their household, and anyone transporting them to or from camp meets the following **THREE** criteria:

1. Experiencing NONE of these six known symptoms of COVID-19: No fever (temperature 100.4 °F or higher) that lasts more than 24 hours; No fever PLUS respiratory issue not resolved by antihistamine (allergies) that overlap or last more than 24 hours; No diarrhea, No vomiting, No new onset of severe headache especially with a fever; No loss of smell and/or taste (especially in children).

2. Have NOT had close, maskless contact with anyone diagnosed with COVID-19 or anyone displaying symptoms listed above.

3. Yes, you have adhered to your state and local guidelines regarding COVID-19 by masking and distancing when appropriate, washing your hands, and considering or getting a vaccination. Virginia state guidelines: <https://www.virginia.gov/coronavirus/>

	7 days before camp. Date _____	6 days before camp. Date _____	5 days before camp. Date _____	4 days before camp. Date _____	3 days before camp. Date _____	2 days before camp. Date _____	1 day before camp. Date _____	First Day of Camp is: Date of first camp day: _____
Camper's First & Last Name: _____								
Household Member #2: _____								n/a
Household Member #3: _____								n/a
Household Member #4: _____								n/a
Household Member #5: _____								n/a
Household Member #6: _____								n/a
Household Member #7: _____								n/a
Household Member #8: _____								n/a
Close Contact #9: _____								n/a
Close Contact #10: _____								n/a
<i>EXAMPLE ROW:</i> Uncle John S. _____	Check	Check	Check	Check	Check	Check	Check	n/a

What If? If your child or a person listed above does **not** meet the above criteria on **any** of the 7 days before camp, take one or all of these three steps: (1) Contact your child's primary care provider for your child to be cleared for camp attendance, **AND/OR** (2) provide Camp Bethel with a negative COVID-19 test performed within 3 days of your camper's arrival at camp, **AND/OR** (3) agree to taking a rapid test upon arrival provided by Camp Bethel. Contact us at CampBethelOffice@gmail.com with any questions or to discuss options.

"By signing this form, I acknowledge that I completed this health screening fully, daily, and to the best of my ability for the 7 days leading up to my child's arrival at Camp Bethel. I understand that arriving at Camp Bethel in good health is necessary for my child's safety and the safety of the entire Camp Bethel population."

Parent or Legal Guardian's Signature

Date